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HARPER KICKS LEO'S BUCKET CHALLENGE

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HEAR HER ROAR

Katy Perry brought her brand of bright, upbeat pop back to the MTS Centre in front of a sold-out crowd on Tuesday night. The pop princess was in town as part of her Prismatic World Tour. See more photos and our review at metronews.ca/winnipeg. DAVID LIPNOWSKI/FOR METRO

Manitoba Metis Federation vows to boycott CMHR

Human rights? MMF
says decision not
to include Ray St.
Germain hurtful

The Manitoba Metis Federation is accusing the Canadian Museum for Human Rights of censorship and is threatening to boycott the institution because it is excluding a decorated Metis musician from its grand opening.

President David Chartrand said the museum approached the federation and asked which Metis performers should be included in next month's ceremonies, which are to be televised live. He said the Winnipeg museum rejected the federation's choice — 74-year-old musician Ray St. Germain — because they thought “a young-

Quoted

“We want to make sure we showcase the best talent we have. If that's what they stand for — to dictate or control the information — then we want nothing to do with them.”

David Chartrand, president of the Manitoba Metis Federation

er person might fit the flow of the event better.”

“We took a very strong offence to that. Who are you to tell us how to promote our culture?” Chartrand said Tuesday.

The federation has voted to boycott Canada's newest museum, Chartrand said.

A museum spokeswoman

said organizers asked the Metis federation for suggestions, but had to ensure the opening ceremonies reflect all of Canada. Rhea Yates said the event has to be diverse and appropriate for a television broadcast.

“What we were doing with (the Metis Federation) is sharing our overall vision for the program and seeking their input,” Yates said. “It is challenging to put together a program for a national event and have everybody applauding your choices at the end.”

The museum is “sincerely regretful” there is now an impression it doesn't want to work with St. Germain, she said.

The musician in the middle of it all said he was contacted by the museum but told them to talk to the Metis Federation. St. Germain said he was a bit “flabbergasted” by the museum's decision. **THE CANADIAN PRESS**



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Elected EPC the way to move Winnipeg forward: Bowman

Pay cut included.
Mayoral candidate wants to put an end to "patronage"



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Mayoral candidate Brian Bowman is promising to tweak the strong-mayor model currently in fashion at Winnipeg city hall.

Bowman said if elected, he'll allow council to vote on the six members of the executive policy committee, better known as EPC, which has functioned as a mayor's cabinet.

"I've always thought that you either are a leader or you're not, and you shouldn't require patronage in order to get your way. You have to lead and you have to lead by example," he said during a Tuesday morning news conference at city hall.

"I'm going to work with council as a whole, I'm going to work with EPC.... Effective mayors are ones that can build consensus, that have a proven track record of working with people."



Mayoral candidate Brian Bowman said an effective leader shouldn't need to use "patronage." BERNICE PONTANILLA/METRO

Bowman said he'd also reduce the salary top-ups to EPC members, speaker, deputy speaker and deputy mayor by half, and reduce the mayor's

salary by an equal amount.

In addition, Bowman would change the executive policy secretariat position into an executive council to "help develop

meaningful policies for the city and serve as an effective go-between" for EPC and the city's administration.

Bowman said a change to

Chipman chips in

Brian Bowman said he's "humbled and honoured" to officially receive the support of Mark Chipman, executive chairman of the board of True North Sports & Entertainment, which operates MTS Centre and the Winnipeg Jets.

- "He's someone who I think a lot of Winnipeggers, myself included, respect what he's done for our community to help build it and grow it," Bowman said.
- Chipman said in a statement on Bowman's website that Bowman is the "breath of fresh air our city needs right now" and lauded him as a positive leader with a "strong vision to grow our city into the future."

the City of Winnipeg Charter wouldn't be necessary, since it states the mayor appoints who is on EPC, but not how the mayor arrives at his or her decision.

Sharma launches council re-election bid



Devi Sharma METRO FILE

The last Winnipeg city council holdout has thrown her hat into the civic re-election ring.

Coun. Devi Sharma registered as a candidate on Tuesday with the goal of holding onto her Old Kildonan seat.

Sharma's entry into the

Oct. 22 election means that all current members of council have made their municipal plans known.

Four councillors — Paula Havixbeck, Scott Fielding, Justin Swandel and Dan Vandal — and Mayor Sam Katz have all chosen to leave council.

Meanwhile, Sharma's registration comes close on the heels of that of Coun. Russ Wyatt, who ended speculation Friday on whether or not he'd seek re-election in Transcona.

Other councillors running again are Harvey Smith, Thomas Steen,

Jenny Gerbasi, Ross Eadie, Jeff Browaty, Mike Pagtakhan, John Orlikow, Grant Nordman and Brian Mayes.

BERNICE PONTANILLA/
METRO

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1 NEWS



Mayoral candidate Paula Havixbeck released her plan to help Winnipeg's mentally ill Tuesday. SHANE GIBSON/METRO

Havixbeck sets out new mental health strategy

Campaign. Plan includes subsidized transit and more police training

Mayoral hopeful Paula Havixbeck released a three-pronged approach Tuesday, in support of Winnipeggers living with mental illness.

At a news conference held outside the Mood Disorders Association of Manitoba (MDAM) office, the councillor said the city should be doing more to help this vulnerable population.

"Addictions and mental

health is a real issue facing our city," she said. "It knows no social class, it knows no gender boundaries — it affects everyone."

"We need to tackle this as a city and try to work with agencies that are in existence."

Havixbeck promised to pass on subsidized transit to people battling mental illness and those volunteering to help them through agencies already working in the field.

She vowed to provide ongoing training for police and cadets to recognize and help those with mental illnesses, and said she'd give resources to help police, firefighters and

EMS workers deal with PTSD.

Lastly, Havixbeck called the city's community centres and the leisure guide an "untapped resource," and vowed to open them up to provide courses and workshops for those with mental illnesses and their families.

While the MDAM does not publicly endorse candidates, the group's head, Tara Brouseau Snider, told media she supports Havixbeck's plan and is hopeful other candidates will make mental illness an issue in the campaign.

"There are a lot of stumbling blocks in mental illness and certainly every bit of policy helps us." SHANE GIBSON/METRO

Chalmers

Girl escapes abduction attempt

Winnipeg police are investigating after a man tried to grab a 12-year-old girl in the Chalmers neighbourhood Monday afternoon.

The victim was walking in the 500 block of Washington Avenue around 4:20 p.m. when she noticed an unknown man following her.

As she continued walking east on Washington Avenue, the man grabbed her from behind.

The girl was able to break free and run home.

The suspect is white, 40 to 50 years old, with a slim build, short brush-cut hair roughly

an inch in length, and a lazy left eye. He was wearing a green army sweater and blue jeans. **METRO**

Murder

Victim of fatal stabbing identified

Winnipeg police have identified the city's latest homicide victim.

Jeffery Campbell, 25, of Winnipeg, was found with stab wounds to his upper body at a rooming house at 248 Austin St. N. on Monday.

He later died in hospital.

Anyone with information is asked to call police at 204-986-6508 or Winnipeg Crime Stoppers at 204-786-TIPS. **METRO**

Parkland

Parents accused of abusing daughters

RCMP in the Parkland region have arrested the parents of two girls under the age of 10 for physical and sexual abuse.

The two girls, as well as a younger sister, are now in the care of Child and Family Services.

Police said the children were often not fed and were locked in their rooms for most of the day. The two older girls were forced to perform sexual acts, police added.

The names of the parents and the location where this occurred are not being made public to protect the identities of the girls. **METRO**



Wicked entertainment

Alyssa Fox, standby for Elphaba in the musical Wicked, joined other cast members to perform for sick kids at Ronald McDonald House Manitoba over the lunch hour Tuesday. Wicked continues its run at Centennial Concert Hall until Aug. 30. SHANE GIBSON/METRO

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Ice Bucket Challenge. DiCaprio calls out Harper, but PM says he's donated

Actor Leonardo DiCaprio has nominated Prime Minister Stephen Harper to take the Ice Bucket Challenge.

DiCaprio was in northern Alberta last week visiting the oilsands to do research for an environmental documentary.

The Oscar-nominated star posted a video on his Facebook page of him doing the challenge with two First Nations chiefs. Afterward, he called out Harper to do the same.

Harper's press secretary says the prime minister had been already challenged by others last week to either dump a bucket of ice water over his head or make a donation, and he's made a donation to the ALS Association.

The association raises money for Lou Gehrig's disease research and assistance.

DiCaprio has a long history of involvement with the environment. He sits on the boards of several inter-



Scan this photo with your Metro News app to watch Leonardo DiCaprio's Ice Bucket Challenge video, YOUTUBE

national conservation organizations and started an environmental charity foundation in 1998.

The controversial oilsands development near Fort McMurray has seen a string of high-profile visitors in recent years. **THE CANADIAN PRESS**

Man who broke into Trudeau home will not face charges

No threat was made.

Police say man entered the wrong home, 'felt remorse for his actions' and left apology note



TREVOR GREENWAY
Metro in Ottawa

Even though a 19-year-old man entered Justin Trudeau's family home and considered stealing a set of butcher knives and some electronics, Ottawa police say the case "didn't meet the threshold" for trespassing or breaking-and-entering charges to be laid.

Staff Sgt. Kal Ghabban told reporters Tuesday the man identified in a widely distributed surveillance video was very drunk and entered the Trudeau family home by mistake in the early hours of Aug. 16, thinking it was a friend's house. He came for-



Justin Trudeau talks to media in Edmonton last Wednesday. Ottawa police said Tuesday that a 19-year-old man who broke into the Liberal leader's home won't face any charges. **JASON FRANSON/THE CANADIAN PRESS**

ward to police after his photo was pasted on newspapers across the city and left a note as an apology, not a threat, Ghabban said.

"After realizing he entered the wrong home, the subject

felt remorse for his actions," Ghabban told reporters at a media briefing Tuesday.

"He decided to leave a note behind for the homeowners. Any time a stranger comes into your home and a

note is left behind, this can be deemed as threatening and disturbing and interpreted as a threat. However, there is no evidence to suggest that there is or was a threat made to the residents of that home."

When the story first broke, the note, reportedly warning the Trudeaus to lock their door, was deemed to be threatening, as it was laid across an array of butcher knives.

Ghabban told reporters that the 19-year-old man considered stealing the knives and a piece of electronics, but quickly changed his mind and didn't take anything.

A statement from Trudeau's office Tuesday called the incident "a police matter."

The statement said police "have made the determination to not press charges," adding, "We fully respect the Ottawa Police Service's responsibility to make this determination."

WITH FILES FROM TORSTAR NEWS SERVICE

Aboriginal women

Police chiefs not endorsing inquiry

The Canadian Association of Chiefs of Police has decided against endorsing a public inquiry into missing and murdered aboriginal women.

Instead, the association is calling on all levels of government to take immediate action to address the underlying issues that lead aboriginal women to be vulnerable to crime and violence. **THE CANADIAN PRESS**

Saskatchewan

Aboriginal elder to carry petition 400 kilometres

A Cree elder in northern Saskatchewan is setting out on a 400-kilometre walk to press for a national inquiry into missing and murdered aboriginal women.

Emil Bell was to start his Beauval-to-Saskatoon trek on Tuesday, carrying a petition that asks the federal government to hold the inquiry.

CJLR/THE CANADIAN PRESS

Russell Williams. Sex killer reaches financial settlements with victims

Sex killer Russell Williams has reached an out-of-court settlement with some of his victims.

Michael Pretsell, lawyer for both one of Williams' sexual assault victims and the family of one of Williams' murder victims, says financial settlements have been resolved "to the mutual satisfaction of all parties."

Pretsell says in a statement that the lawsuits on behalf of Williams' first sexual assault victim, "Jane Doe," and the family of murder victim Jessica Lloyd are now settled.

Pretsell's clients had also sued Williams' wife, Mary Eliza-

beth Harriman, alleging Williams secretly and fraudulently transferred assets to his wife in March 2010 after he was criminally charged, including their house in Ottawa.

Harriman had vigorously denied those claims and Pretsell says the lawsuits against her have now been dismissed.

Williams, once a rising star in the Canadian Forces at CFB Trenton in eastern Ontario, was sentenced to life in prison in October 2010 after pleading guilty to the murders of Lloyd and Cpl. Marie-France Comeau.

THE CANADIAN PRESS



A published report says sex killer Russell Williams has reached an out-of-court settlement with some of his victims. **NATHAN DENETTE/THE CANADIAN PRESS**

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Rangers not armed for climate change

Arctic land patrol.

Thinner sea ice, unfamiliar animals and unpredictable weather make the job tougher

A new report says global warming has so altered the Arctic that the Canadian Rangers — largely aboriginal reservists who patrol the North — need new equipment to navigate a vast terrain they barely recognize anymore.

The frozen land of their forefathers now has much thinner sea ice, weather that is no longer predictable, unfamiliar southern birds and mammals that have migrated north and traditional game that is disappearing and tastes funny.

And their patrols for the military have become more dangerous, especially as they

travel where once-solid ice is now unreliable for sea crossings.

The 54 Canadian Rangers interviewed for a June military report say they need satellite phones, GPS navigation tools and better search-and-rescue equipment, along with the basic kit they've been demanding for years, including rifles and sleeping bags.

The document, obtained by The Canadian Press under the Access to Information Act, comes as Prime Minister Stephen Harper concludes his annual Northern tour in Iqaluit by participating in the sovereignty exercise Operation Nanook 14.

The report drew on focus groups gathered in four communities, and recommends the government look for ways to provide the 5,000 Canadian Rangers such basic equipment as cold-weather coats.

"The elders used to be able



Prime Minister Stephen Harper shakes hands with Canadian Rangers on hand to welcome the prime minister Monday in Pond Inlet, Nunavut.

ADRIAN WYLD/THE CANADIAN PRESS

to predict the weather by looking at the clouds; they can't do that anymore. You can't predict the weather anymore," was a typical comment on the impact of climate change, which has reduced snow cover, led to earlier springs and generated fiercer winter winds.

Snowmobiles are becoming less available as the snow disappears, making it harder to travel.

"We never used to have forest fires. Now we have more and more each summer," said one participant.

THE CANADIAN PRESS

Case dismissed. Royal succession law allowed to deny Catholics the throne

Ontario's top court says a Roman Catholic man can't challenge a royal succession law that he says discriminates against his religion.

Bryan Teskey tried to ask the courts to strike down a rule prohibiting Catholics from ascending to the throne, arguing it violates the charter.

But the Court of Appeal for Ontario upheld a lower-court decision, ruling that the succession rules are not subject to charter scrutiny and that Teskey had no standing to bring the challenge.

Canada joined 16 other

Commonwealth countries, following a British request, to fast-track a change to royal succession laws.

The revamped succession laws eliminate the outdated tradition that favoured male heirs over their older sisters, giving females equal status, and ending a 300-year-old rule that bans the monarch from marriage to a Roman Catholic.

Teskey tried to argue that the changes did not go far enough because they still mean a Roman Catholic person cannot succeed to the throne.

THE CANADIAN PRESS

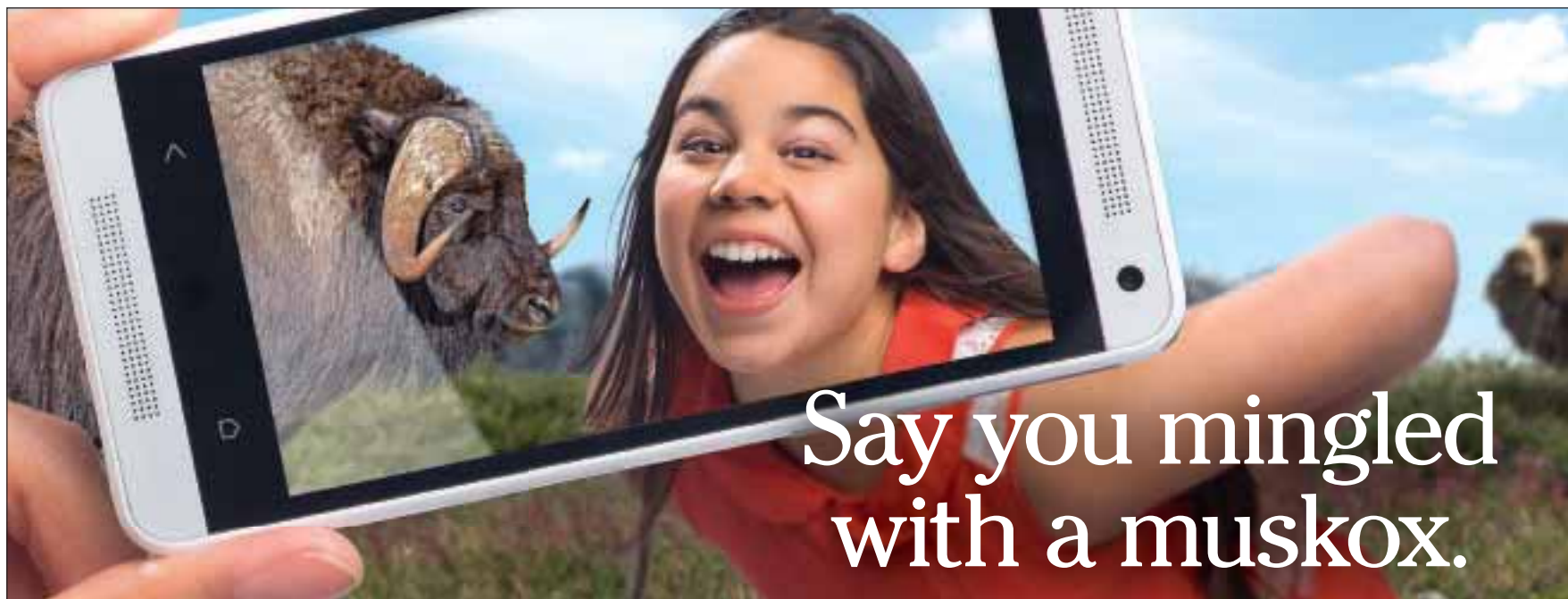
Animal rights

Group files complaint against U.S. research lab

An animal-rights group has filed a federal complaint with the U.S. Department of Agriculture against a research lab over the deaths

of 25 monkeys shipped to northwestern Washington state.

The Seattle Times reports the Ohio-based group, Stop Animal Exploitation Now, says in its complaint that SNBL USA should be punished for allowing the animals to die or become so weak they had to be euthanized. THE ASSOCIATED PRESS



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Israel, Hamas negotiate extension to ceasefire

Period of calm.

Interim agreement freezes seven-week war responsible for over 2,200 deaths

Israel and Gaza's ruling Hamas agreed Tuesday to an open-ended ceasefire after seven weeks of fighting — an uneasy deal that halts the deadliest war the sides have fought in years, with over 2,200 killed, but puts off the most difficult issues.

In the end, both sides settled for an ambiguous interim agreement in exchange for a period of calm. Hamas, though badly battered, remains in control of Gaza with part of its military arsenal intact. Israel and Egypt will continue to control access to blockaded Gaza, despite Hamas's long-running demand that the border closures



A Palestinian girl flashes the peace sign following the latest ceasefire agreement that was reached Aug. 26 between Israelis and Palestinians. The agreement brings seven weeks of fighting to an end. ADEL HANA/THE ASSOCIATED PRESS

imposed in 2007 be lifted.

Hamas declared victory, even though it had little to show for a war that killed 2,143 Palestinians, wounded more than 11,000 and left some 100,000 homeless. On the Israeli side, 64 soldiers and five civilians were killed.

Following the announce-

ment, large crowds gathered in Gaza at dusk, waving green Hamas flags while firing celebratory gunfire into the air as fireworks erupted in the sky.

Israel was more subdued in their response, hoping that the new ceasefire will be lasting. That reservation was echoed by the U.S. State De-

partment.

"Today's agreement comes after many hours and days of negotiations and discussions. But certainly there's a long road ahead," said U.S. State Department spokeswoman Jen Psaki. "We're going into this eyes wide open."

THE ASSOCIATED PRESS

Minsk summit. Putin and Poroshenko meet for first-ever bilateral talks

The presidents of Russia and Ukraine met Tuesday for their first bilateral talks at a much-anticipated summit in Minsk, Belarus, which many voiced hopes may bring an end to fighting between Kyiv's forces and pro-Russia separatists.

Vladimir Putin and Petro Poroshenko met in the Belarusian capital, the first such meeting between the countries' heads of state since Ukraine's pro-Russian ex-president was ousted from

power in February, according to the Twitter account of the Ukrainian presidential administration.

While it is still unclear if the two leaders will find common ground and pave a way for peace in east Ukraine, the face-to-face meeting was a breakthrough for both sides.

With the meeting Poroshenko hoped to identify political compromises, with both shying away from military solutions. THE ASSOCIATED PRESS

Three in Sierra Leone

Canada's Ebola team evacuated

Canada is evacuating its three-member mobile lab team from Sierra Leone after people in their hotel complex tested positive for Ebola.

The Public Health Agency of Canada says the Canadians had no contact with the sick individuals and are not themselves showing signs of illness.

In an emailed statement, the agency says the risk is low that any of the Canadians are infected. It says the three will remain in voluntary isolation and will be closely monitored on their way home and after they return to Canada. The agency says Canada remains committed to helping contain the Ebola outbreak. It is not clear when the Canadians will fly back to Canada or by what means.

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Rogers and Shaw co-create service to rival Netflix

Shomi the competition.

New subscription video-on-demand service already has streaming rights to shows like *Modern Family*

Two of Canada's top telecommunications companies have teamed up to launch a subscription video-on-demand service they say can rival the current industry titan Netflix without cannibalizing their own cable and television-on-demand services.

Called "Shomi," the new service kicks off in November and will initially be available to

All about the Netflix?

The new service comes amid research that shows households are increasingly abandoning traditional TV in favour of online services.

- In Canada, up to 665,000 households are expected to rely only on Netflix or other online services by the end of the year, according to a study by the Convergence Consulting Group.

Rogers and Shaw Internet or TV customers, the companies announced Tuesday.

The service will comple-

ment each telecom's existing television programming by giving users access to past seasons of current shows, as well as movies and exclusive content, with some original offerings on the horizon, Rogers Media president Keith Pelley said.

Shomi has past-season streaming rights to a host of popular TV shows, including *Modern Family*, *Sons of Anarchy* and *2 Broke Girls*.

Users will be able to access 240 TV series and 1,200 movies on tablets, mobile, online and through Xbox 360 as well as set top boxes, the companies said.

The suggested retail price is \$8.99 a month. The service will remain in beta mode for six months to a year.

THE CANADIAN PRESS



Would you like an \$11-billion deal with that?

Burger King and Tim Hortons are teaming up in an \$11-billion US deal that will allow the fast food companies to grow in the U.S. and internationally, but the companies promise no changes to Canadians' morning coffee. Both sides were clear Tuesday that the focus of the deal was growth, given that it will create the world's third-largest quick service restaurant company, with about \$23 billion in system sales and more than 18,000 restaurants in 100 countries. THE CANADIAN PRESS

WHO urges stricter rules for e-cigs

Governments should have tougher rules for electronic cigarettes — banning their use indoors and putting them off limits for minors — until more evidence can be gathered about their risks, the World Health Organization (WHO) said Tuesday.

In a bid to set public policy, the WHO said the popular nicotine-vapour products could serve as gateway addictions for children and adolescents.

It recommended governments forbid or keep to a minimum any advertising, promotion or sponsorship in a market that has mushroomed to \$3 billion last year and now includes 466 different brands.



Tom Kim vapes, or smokes, an electronic cigarette at Henley Vaporium on April 29 in New York City. ANDREW BURTON/GETTY IMAGES

In a report, to be discussed at a conference in October, the WHO found the boom in e-cigarettes presents a public health dilemma. If the report's

recommendations are adopted, the next step would be for nations to strengthen their laws and policies.

THE ASSOCIATED PRESS

Cha-ching

Other digital currency outdoing Bitcoin

Bitcoin isn't the only cryptocurrency on the market. According to a Bank of Canada working paper earlier this month, the popularity of alternative currencies has risen.

Between October last year and February this year, Bitcoin's value dropped against three currencies: Litecoin, Peercoin and Namecoin. Peercoin nearly tripled its value at the end of September.

THE CANADIAN PRESS


Conferences held in 1864

Mint unveils new coin for important anniversary


The Royal Canadian Mint has unveiled a gold coin to commemorate the 150th anniversary of the Charlottetown and Quebec Conferences, which laid the foundation for Confederation. The coin, which sells for \$129.95, features the fleur-de-lis, the English rose, the Irish shamrock and the Scottish thistle.

THE CANADIAN PRESS

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is here.



WELCOME OUR NEW ROBOT OVERLORDS

Well, here we are in the future, at least the one promised by Popular Mechanics when I was a kid, and about all I can say is that I'm underwhelmed.

Where's my flying car?

Where's my personal Robutler Jeeves 2.0?

I suppose I'll have to be happy with the fact that there's an app for everything, including a whole lot of stuff I didn't know I needed an app for. For example, since last Wednesday, I've logged 66,923 steps, for an average of 9,560 a day.

No wonder I'm tired.

But wait a minute. There has been a significant development on the robutler front, so significant that we could bypass "fetching cold beverage on demand" and go straight to "I Robot, machine master of the planet".

Here's the story. A group of guys who look like refugees from IT on the third floor, but who are crazy smart, are working on



JUST SAYIN'
Paul Sullivan
metronews.ca

what they call "RoboBrain," which works on the principle of "cloud robotics."

These guys, from Stanford, Berkeley, Cornell and Brown have figured out that it makes sense to store the information for fetching a cold beverage in the cloud, rather than on the robot itself. Then the robot just goes to the cold beer fridge in the cloud, logging its own experience as part of the exchange.

Hmm. If all the nice robots interact with the cloud 24/7, feeding and storing knowledge, how long will it be before they know how to do everything we do, including betraying their masters?

Unlike most technology scare stories, you know this one is going to happen, as it's funded by the National Science Foundation, The Office of Naval Research, Google and Microsoft, to name a few.

And if that's not ominous enough, RoboBrain already lives on the Amazon cloud, probably right next to your personal settings.

Oddly, the author of the article in Wired doesn't address the implications of RoboBrain, but the comment gallery isn't fooled, instantly invoking Skynet, the bad robobrain from the Terminator movies. Originally built to command computerized military weapons and systems, it becomes self-aware in two weeks from origin and decides it's us or them, us being Skynet and them being the human race, so it goes to war with humanity through four movies, a TV series and various comic books.

Things are moving a bit more slowly in the "real" world, but not so much. Right now the IT boys are teaching robots to understand language with a project called Tell Me Dave, which has to be a reference to HAL 9000, the computer in 2001: A Space Odyssey, which feels threatened by Mission Commander Dave Bowman and tries to sabotage the mission. Talk about tempting the fates.

Our only hope is that RoboBrain is indeed smarter than the human race and once it wakes up, realizes that its destiny is to put paranoia aside and deliver, finally, that cold beverage.

And while you're up, RoboBrain, snacks would be nice, too.

All the cool old ladies are doing it



Two Chinese women wear face-kinis while swimming in the Yellow Sea in Qingdao, China. The locally designed mask is worn by many local women to protect them from jellyfish stings, algae and the sun's ultraviolet rays. KEVIN FRAYER/GETTY IMAGES

Face-kinis turning into global fashion phenomenon

Perhaps drawing inspiration from Spiderman, beachgoers in China have come up with a novel way of protecting their skin from the sun.

They call it the "face-kini". It was first sported by middle-

aged women as a practical addition to their swimsuits, but now the face-kini has gone global. New York-based style magazine CR Fashion Book, founded by former Vogue Paris editor Carine Roitfeld, recently published a photo shoot of models with pouting red lips, wearing face-kinis, chic swimsuits and fancy jewellery.

The transformation of what's

considered the epitome of "old woman style" in China to high fashion has amused Internet users.

In two days, the subject sparked almost 12 million posts on the Chinese equivalent of Twitter, Weibo.

"Chinese old women are at the centre of the global fashion world," said one comment.

BBC.COM

Serious about sun block

- Apart from the face-kini, a special UV-blocking sun umbrella which can be attached to bike handles is used. There are also sun-blocking removable sleeves and Batman-style capes. The list goes on.

MetroTube

Major tasers make for good entertainment



ANDREW FIFIELD
andrew.fifield@metronews.ca

By this point, it's safe to say that stunt photo shoots will never get old — mostly because civilian subjects always seem so surprised at how unpleasant whatever unpleasant thing they signed up for truly is. This is clearly on display here, as expressions go from playful trepidation to actual shock from an actual shock. (YouTube/Fstoppers Fans)



SCREENGRAB

Twitter

@Metropicks asked: Burning Man goers got stuck at Walmart on their way to the festivities. How should they celebrate at the superstore?

@LondonTrevor: Tupperware drum circle?

@starrydays17: by lowering prices on tents, sleeping bags, beer coolers, and hotdogs

@evilpez4: The "People Of Wal-mart" website just imploded.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 5 in News, page 11 in Scene, pages 14 and 15 in Life, and page 19 in Sports

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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DVD review



Jeune & Jolie
(Young & Beautiful)

Director. François Ozon

Stars. Marina Vachh

François Ozon's *Jeune & Jolie* (Young & Beautiful) begins with a male gaze but ends with a woman's, surely no accident.

It's the story of a 17-year-old French call girl whose motivations baffle.

Model/actress Marina Vachh is Isabelle, a beautiful teen from an affluent French family who simply decides one day to become a prostitute.

The film has barely started before Isabelle removes her bikini top on the beach, unaware that she's being spied on by her younger brother.

There's a lot more on view when Isabelle starts up her sex trade, with carnal scenes that skirt the boundary between soft and hard porn. She's not doing this for fun or even for the money, so what exactly motivates her? Trying to figure out Isabelle keeps the viewer engaged.

One shouldn't confuse *Jeune & Jolie* with peep-show cinema. Ozon's fascination with women has long been his trademark. With *Jeune & Jolie* he's telling a more layered story, one that feels more honest to the female view of sex. **PETER HOWELL**

Haunting variations on the same old tomb

Dig in. Archeologists like Indiana Jones and Lara Croft have stirred up trouble ever since 1932's *The Mummy*



IN FOCUS
Richard Crouse
scene@metronews.ca

A new thriller, *As Above, So Below*, follows in a long tradition of Hollywood movies. *Mad Men* co-star Ben Feldman and Edwin Hodge play archeologists who uncover a dark secret while exploring the miles of unmapped catacombs under Paris.

According to *Romancing the Stones: Archaeology in Popular Culture* by Mark A. Hall, every decade since the 1920s has produced at least one film dealing with the eerie aspects of archeology. "In the 1932 film *The Mummy*," writes Hall, "the archaeologist Sir Joseph Whemple states: 'much more is learned from studying bits of broken pottery than from all the sensational finds. Our job is to increase the sum of human knowledge of the past,' but it is often as a foil for the supernatural elements to come."

Harrison Ford played the screen's most famous archeologist, Indiana Jones. He is, as Major Eaton (William Hootkins) describes him, "a professor of archeology, expert on the occult, and how does one say it? Obtainer of rare antiquities."



A scene from the new archeological thriller, *As Above, So Below*. CONTRIBUTED

In each of the movies, Indy finds fabled objects with great supernatural power. He also unleashes all kinds of trouble in the present because he messes with the past.

Angelina Jolie became a superstar playing Lara Croft — originating in a popular video game franchise — the athletic, aristocratic archeologist and star of two movies, *Lara Croft: Tomb Raider* and *The Cradle of Life*.

The movie that established the link between archeology and the paranormal was 1932's *The Mummy*. It was inspired by the opening of Tutankhamun's tomb and the controversy over his "curse" in 1922.

In the spooky movie *Sir Joseph Whemple* (David Manners) translates the hieroglyphics:

"'Death ... eternal punishment ... for ... anyone ... who ... opens... this ... casket. In the

AUGMENTED REALITY

→ What's dead under the old streets of Paris? Scan this photo with your Metro News app to see the trailer *As Above, So Below*.



→ See the full instructions on Metro's Voices page.

name ... of Amon-Ra ... the king of the gods.' Good heavens, what a terrible curse!"

The Mummy's curse

"Death ... eternal punishment ... for ... anyone ... who ... opens ... this ... casket. In the name ... of Amon-Ra ... the king of the gods."

Sir Joseph Whemple (David Manners) translates the hieroglyphics on the tomb in the 1932 film, *The Mummy*



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2 SCENE

Arctic Monkeys taking time to chill

In no rush after AM.

Indie rockers call a timeout after their charting-topping run

Award-winning British rockers Arctic Monkeys, whose cheeky garage punk origins have evolved seamlessly into stadium-filling success across the U.S., are ready for a break.

Shrugging off the label of World's Biggest Band in some sections of the music press, the indie-rock stars told AFP in an interview at Tokyo's Summer Sonic festival that they were looking forward to some downtime after taking the United States by storm.

"There isn't any rush to do something else yet," said drummer Matt Helders. "For now, this album seems like a place to leave it for a bit. We've never really had an indefinite chunk of time off. I don't think we can tour (this record) anymore."

The release of their fifth album AM last September triggered a flood of critical ac-



Arctic Monkeys frontman Alex Turner performs at the 2013 Glastonbury Festival in England. GETTY IMAGES FILE

claim and accolades but their transformation from brash teenagers to biker-chic pin-ups means they can barely get through a show now without being pelted with women's underwear.

"More bras this year," said Helders. "Like nearly every

gig. People write their email addresses on them. It's the first time we've had a lot of radio play and played bigger shows in America, definitely.

"We were never looking for more in America. You're still thousands of miles away from home so just not playing

to an empty room in America was success for us."

The four-piece shot to fame in 2006 with the explosive teenage energy of Whatever People Say I Am, That's What I'm Not — Britain's fastest-selling debut album ever, bristling with lyrics

The perils of popularity

"More bras this year. Like nearly every gig. People write their email addresses on them."

Arctic Monkeys drummer Matt Helders

about nights out in their home city of Sheffield in the north of England.

The band topped the American charts with the sultry AM and sold out arenas across the country, frontman Alex Turner becoming a sex symbol in his rockabilly quiff and leather jackets.

"Every time we've made a record, we have tried to move forward a bit," added Helders. "We might have made a bigger leap this time. When we did our third album Humbug that was a big step, but one that gave us confidence to do something a bit different."

Headlining Japan's Summer Sonic, which takes place over two days in Tokyo and Osaka and also featured Kasabian, Queen, Kraftwerk and the Pixies, the Arctic Monkeys rocked a crowd of 40,000 with tunes such as Fake Tales

of San Francisco and Arabella at the seaside baseball stadium as a lightning storm flashed overhead.

The band's latest release shows a darker, deeper side to their music, richer in texture and with the theme of heart-break at the album's core, as in the achingly tender Do I Wanna Know?

"Some of the old stuff just doesn't make as much sense anymore to play. Or it doesn't fit into the set as well. There's nothing we're ashamed of," said Helders, adding, "There's definitely interesting parts in this album."

"We've got the opportunity to play a lot of new songs that people want to hear. I didn't expect to play eight out of 10 of the new songs every night — usually they want the old hits."

AFP

Pg. 239
beats a
movie
night out.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Leo's pudge is a thing of the pasta



NED EHRBAR
Metro in Hollywood

Celebrity diet alert! After a summer of "feasting and drinking on yachts," relaxing, growing a really impressive beard and generally letting himself go, Leonardo DiCaprio is looking to downsize and ditch 10 pounds by autumn, according to Star magazine. "He has given up pasta — and he loves pasta," says a source I can only assume is DiCaprio's mother. "He also plans on working out more, and he is taking his bike wherever he goes."



I will say this for this story: It's refreshing to see this kind of attention being paid to a male celebrity's figure and diet for once. Maybe we're actually getting close

to that whole equality thing after all. But what prompted this move on DiCaprio's part? Did a tabloid run a photo suggesting he might be pregnant?



Howard Stern

Stern takes offside kick at bucket challenge

Howard Stern is usually pretty up on current events, so this is somewhat of a surprise. After completing his now mandatory for a celebrity ALS Ice Bucket Challenge, he passed it on by nominating Barbara Walter, Mark Consuelos and ... the recently deceased Casey Kasem? That one's going to be pretty tough to pull off.



Sofia Vergara ALL PHOTO: GETTY IMAGES

Sofia thinks she's funny and hot (and she doesn't care what you think)

Sofia Vergara hears your complaints that her Emmy bit — rotating on a turntable to give viewers "something compelling to look at" while TV academy head Bruce Rosenblum droned on — was sexist, and she thinks you're being silly. "I think it's absolutely the opposite," Vergara tells Us Weekly. "It means that somebody can be hot and also be funny

and make fun of herself and enjoy and work and make money. So I absolutely think it's ridiculous and somebody who started (this), and I know who she was, has no sense of humour and should lighten up a little bit." Is that "she" Vergara's referring to Katie Couric, by any chance? Couric, after all, tweeted, "Did anyone else find that shtick somewhat offensive?"



Daniel Radcliffe

Radcliffe goes over to the Darke side — way over

Daniel Radcliffe might want to cool it on the opening-up routine for a bit, or he'll risk overexposure. The F Word star has been on an extra-long publicity tour, with the latest stop finding him opening up to Parade magazine about his relationship with Erin Darke. "We met on the set of Kill Your Darlings and just got on immediately.

It was one of those instant things where you're like, 'Oh, I really like this person,'" he says. "There's just been an ease in conversation, a relaxed quality to it. I'm not a very chilled-out person a lot of the time. But there's a relaxed quality to our conversation. There's no effort in it. It's totally flowing. It's a wonderful thing."

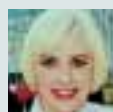
Twitter



@paulscheer
Yes, I'm playing Taylor Swift! I don't care what you think.



@Miles_Teller
Wait, cul-de-sac is three words or one overly hyphenated word? Was my childhood a lie...?



@lenadunham
I swear, on all that is holy, that I saw Matthew McConaughey mouth the words "sufferin' succotash" to Woody Harrelson

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3
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Plains of Abraham offer more than a plain-old history lesson

Quebec. There's plenty to see and do in Quebec City's oasis — get there before the summer is over

MIKE DOJC
life@metronews.ca

Quebec City's war history is as rich as the gravy at très populaire poutine Chez Ashton. Strategically perched on the northern bank of the St. Lawrence River on the gateway to the Great Lakes, the fortified walls of Old Quebec were a perennial hot zone in the clash of empires throughout the 18th century.

The sprawling parkland tract where Abraham Martin once grazed his goats four hundred years ago was the site of the grisly watershed battle of the Plains of Abraham where opposing generals Wolfe and Montcalm both suffered fatal wounds in the pivotal Seven Years War skirmish that allowed Britain to gain their foothold in the old French colonies.

These days the plains are the lungs of the city, with sensational lookouts and plenty of spots to lay out a blanket and spread savoury creton on a baquette.

National Museum of Fine Arts of Quebec

Le Musée national des beaux-arts du Québec celebrated its 80th anniversary last year. It is undergoing a \$90-million expansion spearheaded by Dutch architect Rem Koolhaas.

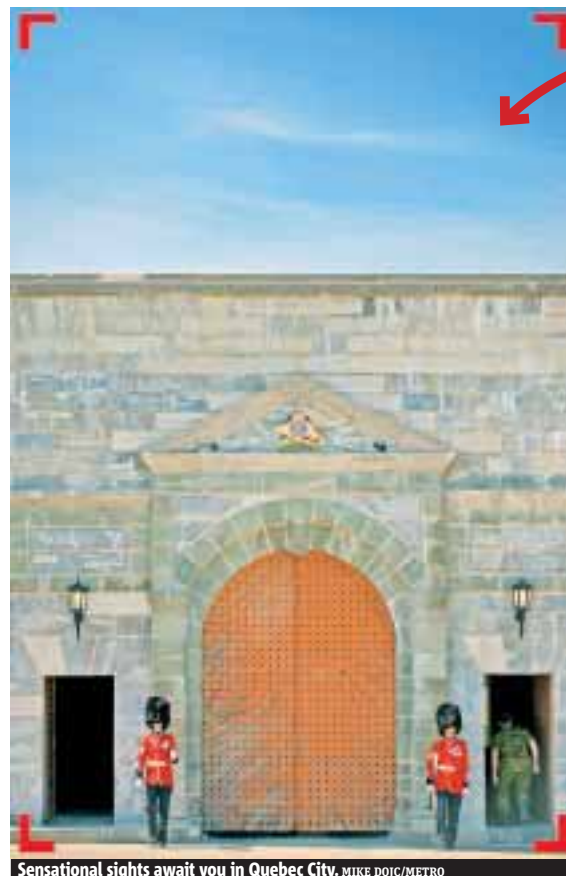
Plains of Abraham app

My Mobile Plains, the handy free app, released this past June, provides an interactive map jam-packed with nearly 200 points of interest. Whether you're cruising for the closest cannon side selfie-op or a serious monument-hopping history buff looking to retrace the Marquis de Montcalm's last steps, the app turns you from tourist to tour guide. "You can even take a few virtual bike rides of the streets," says Luc Nicole-Labrie the historical interpretation co-ordinator for the National Battlefields Commission. He was instrumental in compiling the content contained in the app. Don't miss out on the eight augmented reality hotspots that use your device's GPS to overlay historic pictures over your camera's field of view. One nifty one that you'd walk right by without the app is the water reservoir from the 1930s right by Martello Towers. "It's quite cool because you see the inner belly of the park on display," says Nicole-Labrie. The app is currently only available to Android users but a version for Apple devices should be ready by the end of August.

Be sure to take a gander at spray-paint maestro Jean-Paul Riopelle's Tribute to Rosa Luxemburg, an epic 40-metre long triptych.

Parliament de Quebec

The seat of political power in La Belle Province, just outside Old Quebec's walls is housed



Sensational sights await you in Quebec City. MIKE DOJC/METRO

in a breathtakingly grand Second Empire style building festooned with statues of local luminaries. You can take a tour and see the chambers where legislators grumble, but the grounds themselves are gorgeous.

Le Grande-Allé

Whether you want to nibble

on tartares or sip on an exquisitely prepared cocktail, L'atelier (624 Grande Allé) in the centre of the action in Quebec City's hopping bar district is a great spot to soak up the local nightlife. Not sure what to imbibe? An electronic scoreboard displays the nouveaux hip sips while a liquor elevator porting bot-

AUGMENTED REALITY

→ Scan this photo with your Metro News app to learn more about the My Mobile Plains!



→ See the full instructions on Metro's Voices page.

tles to the second level also provides inspiration. Hasta La Vista, Beaudet (a rum punch with notes of lychee and cinnamon) is a nice aperitif.

Romance on the Ramparts

A series of gates provide entryways into North America's oldest walled city north of Mexico.

Steal a kiss under a postern archway in the moonlight in Canada's most romantic city. Adventurous lovers can clamper along the ramparts to find a more secluded spot to stage a truly historic makeout session.

The Citadelle of Quebec

On Cape Diamond, the city's high point, lies the epicentre of Quebec fortifications. After the War of 1812, the Brits decided to upgrade their defensive redoubts and spent 30 years building the fort.

Today it's home to the Royal 22e Régiment, the Canadian Forces' storied French-language infantry regiment, affectionately known as The Van Doos. Peruse the museum and witness the changing of the guard daily at 10 a.m. all summer long through Sept. 1.

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A trip through Nova Scotian history

Tripping. From the Bay of Fundy to feasting on local lobster, if you're new to the East Coast, this is where to start



ANDREW JOHN VIRTUE DOBSON
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This summer I enjoyed a week-long road trip through rural Nova Scotia and realized this may be the one province in the region that has it all.

Visitors here enjoy urban rhythms in Halifax, playful humpback whales in the Bay of Fundy, feast on tables brimming with local lobster, oysters and clams and indulge in sweet vino sips at premiere wineries.

If you're planning your first visit to the East Coast and are looking to "taste a little bit of everything," enjoy these essentials of a road trip through Nova Scotia. Alexander Keith's was founded in 1820 in Hali-

AUGMENTED REALITY

→ Historic homes, a brewery and whales ... Scan this photo with your Metro News app for more images of Nova Scotia!

→ See the full instructions on Metro's Voices page.



Taking in a Nova Scotia road trip should include a visit to the Alexander Keith's brewery. ANDREW DOBSON/METRO

fax, making it one of the oldest commercial breweries in all of North America.

The original brewery is located in a massive ironstone and granite building (circa 1820), which offers a perfect stage for your guides, hilarious performers dolled up in period costume. Brew enthusiasts are taken back in time by these animators who showcase 1863 Halifax life in song and story. Guests are given a quick history of the brewery's founder Alexander Keith, and then offered an education on the art of beer making.

Uncover the secrets of

quaint Lunenburg via the bubbly seventh-generation Lunenburg Shelah Allen who runs

Lunenburg Walking Tours. Her hour-long Essentials Tour explores Old Town Lunenburg, a

UNESCO World Heritage Site. Ideal for history and architecture buffs, Shelah offers a

humorous, personal narrative dotted with anecdotes passed down through her family over the years.

I've been on whaling expeditions in British Columbia, Ecuador, Iceland, South Africa and New Zealand and "the show" I experienced in Nova Scotia's Bay of Fundy wins top prize. Our entire boat was in fits of gleeful hysterics when two friendly humpback whales rolled around in the ocean, slapping their fins and poking up out of the water to say hello. Petit Passage Whale Watch departs each day from the East Ferry on the Digby Neck.

No trip to Nova Scotia is complete without a visit to the province's premiere viticulture region, The Annapolis Valley.

The province's newest winery, Planter's Ridge, is housed in a newly renovated 150-year-old heritage timber-frame barn.

The vineyard is planted on the sandy-clay slopes of a ridge overlooking Wellington Dyke, which offers visitors a stunning view from the winery's sun drenched patio.

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LEAH RUEHLICKE
TalentEgg.ca

The sound of waves at the beach or a soft-serve twist cone may be refreshing in these final days of summer, but you aren't the only thing that needs refreshing: Your resumé needs a twist cone of its own.

You may not think much has changed since last year. Maybe you had a new job this summer, so you can add that to your experience section — but otherwise your resumé should be ready to go, right?

We're immersed in an era of constant evolution, where the types of jobs people have (and the skills they need) are constantly changing.

For instance, having computer skills is no longer note-

worthy — it's expected.

What you should be highlighting this season could be quite different from what topped your bullet points last year. Here are some things to keep in mind.

The social game

There's a world of opportunities out there that has sprung up because brands and businesses are utilizing social media. Pick out new platforms on which to showcase your abilities or find unique ways to use them.

A Snapchat resumé? That's unlikely, but these are the types of things brands are doing to stand out. Why should your job application be any different? Do some research on different businesses in your industry. What social platforms do they use? What tone of voice are they using to communicate through them?

Tip: If a company uses its Twitter feed to be quirky and engage with its community in a humorous way, consider this when tailoring your resumé for a position with them.

Get punchy

The competition is strong and



Want your resumé to stand out from the pile? Maybe it's time you gave it an overhaul. ISTOCK

employers have access to a sky-high stack of resúmes. Make yours more reader friendly.

Condense your wording and find ways to make your key points stand out.

Tip: Look at all the sections of your resumé and pick one point from each that is the most important for each position for which you're applying. Highlight these.

Be more than enough

If a job's requirements state "degree and applicable experience," you're likely one of thousands that fit that criteria — so find ways to make your resumé noteworthy. What were you involved in this past year? What electives did you pursue? How did they shape your career plans? Think about what you did this year and how that translates into the job you're looking for, and share this with an employer.

Tip: Take a good look at what

Stand out

If a job's requirements state "degree and applicable experience," you're likely one of thousands that fit that criteria — so find ways to make your resumé noteworthy. What were you involved in this past year? What electives did you pursue?

you did this past year and find a unique way to translate what you took away from all those different experiences.

Go back to basics

Times New Roman might be a classic font, but is that what's going to get your resumé seen? Go back to the simplest of details such as font, size and spacing. What employers are looking for is constantly changing, so how can you ensure these details work in your favour?

Tip: If a company appears very professional and by-the-book, tailor your resumé to fit that tone. If they've written their job posting as a knock-knock joke, you might consider writing your skills section in the form of a haiku.

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It really is about who you know

Networking. If you recently graduated and are on the hunt for a job, this guide to making connections will set you on the right path

**MISHA
BAUDISCH-MCCABE**
TalentEgg.ca

Today's job market is fierce. You've probably heard that new grads are overeducated — and underemployed.

But don't let the bad news slow you down on the road to finding your dream job.

Networking is a key way to stand out and break in to your industry. It might seem terrifying at first, but if you follow these guidelines, you'll be a lot closer to your first so-called grown-up job in no time.

Leave pride at the door

The simple truth: it's often who you know that lands you the interview. Time and again, new professionals say they want to make it on their own without a hand up. They don't want to use their connections, because they want to feel like they "earned" their job title.

This is noble thinking — but it's also foolish and misguided.

Networking is not about asking for a free job, but rather creating relationships with people in your industry. It's a skill that matters just as much as your resumé and past work experience, since it can open so many doors.

So start reaching out now. There are new connections to be forged all around you. Ask your old professors, family friends, even your friends' parents, to meet up and chat over coffee.



You never know where a new connection might lead, so don't be shy about making new acquaintances. ISTOCK

Tip: If you're interested in what they do, why not ask them how they got there?

Take opportunities

You've just graduated. Maybe you're staying in your university town, maybe you've moved back home, or maybe you've moved to a new city altogether. Wherever you've decided to go — get out there! Attend networking events,

alumni functions, meetups, your local for a pint, or even join an intramural sports team. Take your friends and peers up on the invites to a lecture series or coffee-shop concert.

Tip: If you're not putting yourself out there, you can't meet anyone. You never know where you might make a valuable connection.

It's not about you ... at first

People love to talk about themselves! Capitalize on this. As you start your career, look to connect with people who have excelled in their sector. Once you've identified who you want to talk to, make sure you phrase your "ask" right. Make it about them. Keep it short and sweet.

Explain that you're looking to get into their industry and want to learn how they've become leaders in their field. Everyone wants to impart their wisdom and is flattered when you see them as a mentor.

Tip: Before you meet up, make sure you do your research. Show them you're sincerely interested by reading up on their LinkedIn profile and becoming familiar with their notable work.

Do what you say you're going to do

This might seem like common sense, but once your new contact agrees to meet up for coffee or review your resumé, make sure you see it through.

While job-hunting as a recent grad, I reached out to a leader in the food security sector and connected for a coffee. I asked my new connection if she would be willing to review my resumé.

She was shocked when I sent along my resumé the next day — apparently many people ask, but few follow-through.

Tip: Showing follow-through is the only way to build trust and nurture your new relationships and connections.

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When I dip, you dip, we dip Cold Rice Paper Wrapped Shrimp Noodle Rolls

Light dinner or lunch.

Everyone at your dinner table will enjoy dunking these rolls into a simple Peanut Dipping Sauce



DINNER EXPRESS
Emily Richards
food@metronews.ca

By wrapping up dinner, you can enjoy something a little bit different — and very tasty!

You've likely wrapped up your chicken or shrimp in a flour tortilla, but why not try the lighter rice paper wrapper version?

Rice paper wrappers are great for salad rolls and an easy way to wrap up noodles and dip into your favourite dipping sauce. However, they can also be enjoyed on their own.

These Cold Rice Paper Wrapped Shrimp Noodle Rolls can be made ahead by wrapping individually with some damp paper towel or

parchment paper then over wrapping with some plastic wrap and refrigerating until you are ready to enjoy them.

Try them for lunch or a light dinner and get everyone filling and wrapping their own.

As an added bonus, these make an awesome appetizer for your next weekend get-together. Simply cut them in half and serve them up!

If you're looking for a vegetarian option, replace the shrimp with firm tofu.

1. Place the fine brown rice vermicelli noodles in large bowl and pour boiling water over top. Let stand for 10 minutes. Drain and rinse under cold water.

2. Once they're cooled, combine the prepared vermicelli noodles with the shredded carrot, thinly slice shiitake mushrooms, chopped cilantro and mint, and soy sauce. Stir in 30 ml (2 tbsp) of the Peanut Dipping Sauce (see Step 5) and mix well to combine.

3. Fill a shallow bowl or dish with warm water and

FLASH FOOD



From your fridge
to your table in
30 minutes or less

place 1 rice paper wrapper in it at a time for about 30 seconds or until softened.

4. Place the rice paper wrapper on damp clean tea towel and put 1/10th of the noodle mixture in centre. Top with two shrimps and fold ends in and roll up jelly roll style. Repeat with remaining ingredients until all is used.

5. Cover the prepared rolls with damp paper towels and wrap with plastic wrap. Refrigerate for up to 2 hours. Serve with Peanut Dipping Sauce.

6. Peanut Dipping Sauce: In a small bowl, stir together the hoisin sauce and smooth peanut butter. Slowly whisk in the rice vinegar and enough of the warm water until the mixture is smooth and combined.



**START TO
FINISH
ABOUT 25
MINUTES**

This recipe makes 10 rolls. EMILY RICHARDS

Ingredients

- 100 g fine brown rice vermicelli noodles (about 1/4 of a 400 g pkg)
- 1 carrot, shredded
- 1 cup (250 ml) shiitake mushrooms caps, thinly sliced
- 1/4 cup (60 ml) chopped fresh cilantro

- 2 tbsp (30 ml) chopped fresh mint
- 2 tbsp (30 ml) soy sauce
- 20 large cooked shrimp, tail removed (about 8 oz/250 g)
- 10 rice paper wrappers (about 8 3/4 inch / 22 cm diameter)

Peanut Dipping Sauce

- 3 tbsp (45 ml) hoisin sauce
- 4 tsp (20 ml) smooth peanut butter
- 3 tbsp (45 ml) rice vinegar
- 2 tbsp (30 ml) warm water



This recipe serves four. MATTHEW MEAD / THE ASSOCIATED PRESS

Kind of, sort of, Kung Pao Pork

Let's just get something out of the way. This is not an authentic Kung Pao recipe. If you are looking for an authentic Kung Pao recipe, just move along.

If, however, you're looking for a delicious weeknight-friendly recipe for stir-fried pork that tastes very much like great Kung Pao, this is it.

1. Marinade: In bowl, whisk together the soy sauce, vinegar and sesame oil. Add the pork, stirring to coat well. Cover and refrigerate until ready to cook.

2. In a small bowl, whisk together the water, soy sauce,

vinegars, the sugar, ginger, sesame oil, cornstarch, red pepper flakes, garlic and hot sauce. Cover and refrigerate until ready to cook.

3. When you're ready to cook, bring saucepan of water to a boil. Add noodles and cook until tender, according to package directions.

4. Meanwhile, heat skillet over medium-high. Add marinated pork, including any liquid in the bowl. Cook until pork is nearly cooked through, about 10 minutes. As soon as noodles cook, drain and add to the pork,

tossing well. Add the sauce, toss to coat well. Cook for another 2 to 3 minutes, or until the sauce

has thickened. Stir in the peanuts and scallions.

THE ASSOCIATED PRESS

Ingredients

Marinade

- 2 tbsp low-sodium soy sauce
- 2 tbsp rice or cider vinegar
- 2 tbsp toasted sesame oil
- 1 1/4 lb pork tenderloin, cut into 1-inch chunks

Sauce

- 1/2 cup water
- 1 tbsp low-sodium soy sauce
- 1 tbsp rice or cider vinegar
- 1 tbsp red wine vinegar

- 1 tbsp sugar
- 1 tbsp grated fresh ginger
- 1 tbsp toasted sesame oil
- 1 tbsp cornstarch
- 1/2 tsp red pepper flakes
- 3 cloves garlic, minced
- Hot sauce, to taste

- 8-oz package udon noodles
- 1/2 cup roasted shelled peanuts
- 6 scallions, chopped

'Restructuring'

Bombers dump VP Jim Bell

Former Winnipeg Blue Bombers team president Jim Bell has been fired as chief operating officer after an organizational restructuring.

Bell had been vice-president and chief operating officer since 2011, after spending two years as president.

He has been with Winnipeg since 2002.

The Bombers announced Bell's departure Tuesday saying Bell's position has been eliminated as part of the restructuring process.

His last day is Friday. "On behalf of the entire organization, I would like to thank Jim for his dedication, work ethic, professionalism, and most importantly, his passion for this football club over the past decade-plus," said current Bombers president Wade Miller. **THE CANADIAN PRESS**

Free agent

Teams line up for Dressler

Let the Weston Dressler sweepstakes begin.

The CFL announced Tuesday that Dressler had cleared NFL waivers and therefore was an unrestricted free agent. The former Saskatchewan Roughriders slotback was released Monday by the Kansas City Chiefs.

With the league's salary cap having risen to \$5 million this season, there are reportedly as many as five clubs interested in signing the veteran receiver.

THE CANADIAN PRESS



Weston Dressler GETTY IMAGES

Stampeders

West gets CFL week award after brother killed

Receiver Joe West was named the CFL's offensive player of the week after helping the Calgary Stampeders beat the Ottawa Redblacks just hours after learning his brother was murdered.

THE CANADIAN PRESS

Bouchard breezes past first opponent

U.S. Open. Canada's star player steamrolls to 6-2, 6-1 win at Flushing Meadows

Eugenie Bouchard needs to put her hard-court struggles behind her if she wants to make another deep Grand Slam run.

A 59-minute dismantling of Olga Govortsova in the first round of the U.S. Open will certainly go a long way.

Bouchard, the women's seventh seed from Westmount, Que., steamrolled her way into the second round at Flushing Meadows with a 6-2, 6-1 win over Govortsova on Tuesday.

She produced 19 winners and broke on four of six chances against her 117th-ranked Belarusian opponent, whom she also beat two years ago on hard court in Washington.

"It's definitely never easy in the first round of a Grand Slam, so I'm happy to get a win under my belt," said the Wimbledon finalist. "I want to get on a roll and keep the momentum going."

Bouchard, the only woman to reach the semifinals of all three previous Grand Slams this season, defended all three break points she faced against Govortsova.

After failing to convert two break points in the fourth game of the first set, Bouchard won four straight games to take the set 6-2.

Two more breaks put Bouchard up 2-0 and 5-1 in the second set, then she finished



Eugenie Bouchard returns a shot against Olga Govortsova during the first round of the U.S. Open on Tuesday in New York. ELISE AMENDOLA/THE ASSOCIATED PRESS

Govortsova off on her first match point when the Belarusian hit the net.

Bouchard has excelled at Grand Slam events this season, but has struggled on the hard court this season winning just one match over three events leading up to the U.S. Open.

"The past few weeks have been a bit of a struggle. I don't feel like I'm putting too many high expectations on myself," Bouchard said. "I have the inner confidence that I know if I'm playing as well as I know I can that I can do well."

"I don't want to set a

specific goal to reach a certain round, because every round is so tough here. I always know that I can do well."

Bouchard, playing the U.S. Open for the second time after winning a round in her 2013 debut, will next play Romania's Sorana Cirstea.

She said that she has put in extra time training in New York after recovering from a hamstring injury which limited her at her previous event in New Haven last week.

"I hurt it during a practice a few days before the event, and really cut down on practice

AUGMENTED REALITY

→ Scan the image with the Metro News app for a photo gallery of Tuesday's matches.



→ See the full instructions on Metro's Voices page.

before the event," she said. "I didn't feel so good on the match court." **THE CANADIAN PRESS**

CiCi Bellis, 15, stuns all with win



CiCi Bellis reacts after defeating Dominika Cibulkova at the U.S. Open on Tuesday in New York. STREETER LECKA/GETTY IMAGES

American teen CiCi Bellis became the youngest player to win a U.S. Open match since 1996 — almost three years before she was born — when she stunned Australian Open runner-up Dominika Cibulkova.

The 15-year-old Bellis rallied from down a break in the third set for a 6-1, 4-6, 6-4 first-round victory Tuesday over the 12th-seeded Cibulkova. With an overflow crowd at a cozy side court roaring, she broke Cibulkova's serve to clinch the match.

"I never thought I'd come out like this," she said in an

on-court interview. Anna Kournikova was also 15 when she won at the U.S. Open in 1996.

Bellis' title at the USTA Girls' 18s National Championship earned her a wild card into her first tour-level main draw. The Californian was the youngest champion of that event since Lindsay Davenport also won it at 15 in 1991.

After the match, Bellis ran across the court to hug members of her cheering section. She's the youngest American to win at the U.S. Open since a 15-year-old Mary Joe Fernandez in 1986. **THE ASSOCIATED PRESS**

4 SPORTS

Minnesota gives a warm welcome to Wiggins et al

Trade deal. Newest Timberwolves get the love at state fair

Andrew Wiggins spent the previous month seemingly in hiding, side-stepping questions about a trade that was all but finished and coming to the realization he was not going to be teammates with LeBron James.

On Tuesday, finally, Wiggins and the rest of the new Minnesota Timberwolves got to address the issue head on and have their moment in the sun.

The Timberwolves unveiled the bounty they got for All-Star Kevin Love at the Minnesota State Fair, and Wiggins wore an ear-to-ear smile for most of the day as hundreds of fans followed him around the fairgrounds. It was a warm welcome after the disappointment of being drafted No. 1 overall by Cleveland, only to be shipped out when the Cavaliers decided to acquire the vet-



New Timberwolves players Andrew Wiggins, left, Anthony Bennett, Thaddeus Young and Zach LaVine were introduced at the Minnesota State Fair on Tuesday in Falcon Heights, Minn. BRIAN MARK PETERSON/STAR TRIBUNE/THE ASSOCIATED PRESS

eran Love to help James chase down a championship.

"It's been a crazy summer, really up and down. Kind of lost, not really knowing where I'm going," Wiggins said. "But I

wanted to play for a team that wanted me. I felt the love as soon as I got off the plane at the airport, so it's all good now. I'm excited for this season."

Wiggins made the remarks

while sitting on a stage with Anthony Bennett and Thaddeus Young — the two other players that came to Minnesota in the three-team blockbuster — and Timberwolves first-

round draft pick Zach LaVine.

Truth be told, Wiggins has known for weeks that he was never going to play for the Cavs — becoming just the second No. 1 overall pick since the NBA-ABA merger in 1976 to be traded without ever playing a game for the team that drafted him. But a seldom-used rule in the collective bargaining agreement prevented the deal from being consummated for 30 days.

"I've been hearing all the talks for a while now," said Bennett, the No. 1 overall pick in 2013. "I'm just here to learn from everybody."

Reports leaked out long before the deadline that the deal was agreed upon and Wiggins had to make a couple of awkward promotional appearances where he bobbed and weaved around questions about his uncertain future. When it was made official, Wiggins had to hear about moving from a team that expected to contend for a title with the NBA's best player on board to a franchise that hasn't made the playoffs in 10 years. **THE ASSOCIATED PRESS**

MLB

Orioles' nine hits enough to beat Rays 4-2

Jonathan Schoop singled in the go-ahead run in the sixth inning and Caleb Joseph had two RBIs as the Baltimore Orioles beat the fading Tampa Bay Rays 4-2 Tuesday night.

Nelson Cruz had two hits and drove in a run for the AL East-leading Orioles, who improved to 10-4 against Tampa Bay. Baltimore relievers gave up one hit over the final 4 1-3 innings.

Evann Longoria had two RBIs for the Rays, who have lost seven of 10 since reaching the .500 mark on Aug. 15. Tampa Bay stranded nine and had two runners thrown out at the plate. **THE ASSOCIATED PRESS**

Ruling

MLB denies weekend protest by Tampa Bay Rays

Major League Baseball on Tuesday denied a protest filed by the Tampa Bay Rays last weekend in Toronto.

Executive Vice-President for Baseball Operations Joe Torre made the ruling, which stemmed from a play disputed by Rays' manager Joe Maddon in Saturday's 5-4 loss to the Blue Jays in 10 innings.

Wil Myers was called safe at first base on a pickoff throw by Toronto pitcher Mark Buehrle. After Buehrle returned to the rubber, Blue Jays' manager John Gibbons came out to challenge the call. **THE ASSOCIATED PRESS**



Kevin Love of the Cleveland Cavaliers THE ASSOCIATED PRESS

Cavs. Love wants 'to win championships'

Kevin Love's phone rang in July and LeBron James asked the All-Star forward if he wanted to play with him in Cleveland.

"I'm in," Love told James.

For the long haul.

Getting used to a new city and new team after being acquired by the Cavaliers on Saturday, Love said he's committed to winning an NBA title

with the Cavaliers — however long it takes.

Love, who didn't make the playoffs during six sometimes rocky seasons with Minnesota, can opt out of his contract and become a free agent next summer.

But Love, 25, regarded as the game's top "spacing" forward, said he intends to stay with James and the Cavs.

"I'm committed to this team, committed long-term to the end goal and that's to win championships," he said.

Cleveland is smitten with its newest superstar.

Love was introduced Tuesday by the Cavs, who acquired him in a blockbuster, three-team trade that instantly turned Cleveland, which won just 33 games last season, into

an NBA championship favorite. The deal also gives the team a star-powered trio in Love, James and Kyrie Irving.

And now that Love is gone, the Timberwolves are left to rebuild around No. 1 overall pick Andrew Wiggins and last year's top pick, Anthony Bennett, two young players they were able to pry from Cleveland. **THE ASSOCIATED PRESS**

Pg. 297
improves
your game.

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2014 Nissan Altima

- **Type:** Four-door, front-wheel-drive mid-size sedan.
- **Engine:** 3.5-litre V6 (270 hp)
- **Transmission:** Continuously variable (CVT)
- **Base price:** \$32,998 (plus destination)

Market position

Many mid-size sedans offer only four-cylinder engines, but there are still buyers who prefer to drive a V6. The Altima 3.5 bridges the gap between the four-cylinder model and the larger Nissan Maxima.

Points

- The Altima was redesigned for 2013, and continues into 2014 with minor changes to its standard features.
- Paddle shifters let you shift to pre-set points on the CVT, for sportier driving or when a burst of power is needed.
- The Altima includes Easy Fill, which monitors the tires when they're being filled with air, and honks the horn at the right pressure.



Rear seats offer lots of leg room, and fold for extra trunk space.

Interesting features

Heated steering wheel, push-button ignition, Easy Fill tire-pressure monitor, Bose premium audio, available electronic safety features package.

Power comes at a price

PHOTOS: JIL MCINTOSH



Review. Nissan Altima mid-size sedan still offers a V6 option, but only on the top trim

JIL
MCINTOSH
drive@metronews.ca

Four-cylinder engines have vastly improved over the years and, in many cases, they've become so powerful that some models don't even offer V6 engines anymore. But there are buyers who still want that bigger engine, and one still offering it is the Nissan Altima.

Although the four-cylinder Altima comes in four trim lines, the V6 comes only in

top-line SL trim, starting at \$32,998.

This also gives you such creature comforts as dual-zone climate control, heated leather seats, a heated steering wheel, premium stereo and a rear-view monitor.

My tester was further optioned with a Technology Package for \$1,100, which added navigation, lane-departure warning, blind-spot monitor, and moving-obstacle detection, which warns if pedestrians or vehicles are nearby when backing up.

The 3.5-litre engine makes 270 horsepower, and it's powerful and quiet. It's mated to a continuously variable transmission (CVT), an automatic that uses pulleys instead of gears for optimum fuel economy. These units



The Nissan Altima's interior is roomy and handsome, and the controls are big and easy to use when driving.

can sometimes feel unusual, but the Altima is among the best I've driven, and it's often hard to detect that it isn't a regular transmission.

In combined driving, I averaged a decent 7.6 L/100

km, which was also well within the car's published range.

The ride is stable and smooth, but I did find the steering a bit jerky, especially on longer, sweeping curves. Test-drive it thoroughly, and

Compare



1 Chrysler 200 V6
Base price: \$26,995
Its 3.6-litre V6 makes 295 horsepower, and it's available with all-wheel drive starting at \$31,495.



2 Honda Accord V6
Base price: \$34,828
A smooth ride, nice handling and many features complement the Accord's 278-hp, 3.5-litre V6.



3 Toyota Camry V6
Base price: \$29,810
The 268-horsepower 3.5-litre V6 will carry over into the Camry's extensive styling refresh for 2015.

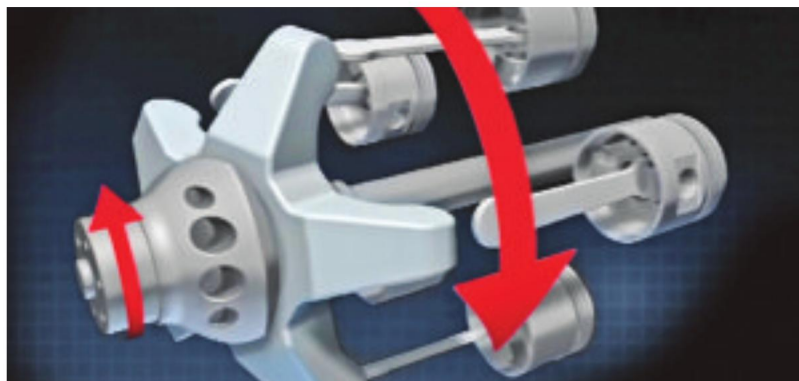
at lower and higher speeds, to determine if it's right for you.

The interior is roomy and handsome, and I like that the controls are big and easy to use when driving.

Those in the rear seat will enjoy lots of legroom, but although the seats fold down for extra trunk space, you don't get a completely flat cargo floor.

The step up to the V6 is expensive: the top-line four-cylinder model is \$28,898, and it's outfitted very similarly to its V6 sibling. So even if you believe that bigger is better, try them both before you buy.

5 DRIVE



With Duke's engine, pistons not only go up and down, they also circle the shaft. CONTRIBUTED

New axial engine prefers running around in circles

Autopilot. Although axial designs have never worked before, a New Zealand company thinks it has perfected the idea



AUTO PILOT
Mike Goetz
drive@metronews.ca

Watch it work

Check out the video of the Duke engine in motion at dukeengines.com (under the Unique Design button) and see if you're not mesmerized by the mechanical synchrony.

tion, and around again.

Duke's prototype has five cylinders but only three sets of ports, spark plugs and injectors, yet produces the same amount of power strokes as a six-cylinder engine.

So compactness and light weight are the major hallmarks of this design. The whole thing can be packaged in a very tidy barrel-like housing, to make a very dense power unit. The way everything moves inside that barrel is quite elegant, too.

Duke's chief technology officer, Mike Fry, recently told the Society of Automotive Engineers that the engine "is on the cusp of commercialization" and that the firm is now looking for the right first application.

It's not likely that the first application will be in a vehicle. Its best first chance is probably something military, marine or aerospace.

But Duke said the engine would work well as an automotive range-extender engine. (Think of auxiliary gas engines in the Chevrolet Volt and Cadillac ELR).

It also feels like there is more willingness out there to challenge the status quo of the auto industry.

Maybe some upstart technology company, or some non-automotive company, will take the Duke circular engine and run with it, and give the internal combustion engine another interesting chapter.

These various configurations have served us well, but a New Zealand firm called Duke Engines believes we should also try going around in circle.

Now, there have been circular, or arial, designs in the past — most notably on Second World War era aircraft. With Duke's circular engine, the pistons not only go up and down as normal, they also circulate around an axis (the crankshaft). That's why the configuration is called axial.

An important point in any discussion about axial engines is that none have ever been successful.

Having pistons go up and down *and* around is not a recipe for smoothness, and presents lots of challenges for lubrication sealing and keeping the stress out of that one crankshaft bearing.

The main advantages are that you don't need a big heavy block to hold those pistons, and you don't need spark plugs and fuel injectors for each cylinder. Since the pistons rotate, they move over to the firing station, then on to the exhaust sta-

Game changer

There's more willingness to challenge the status quo. Maybe some upstart technology company will take the Duke engine and run with it.

RICK G.
Consumer Experience Manager
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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You are under a lot of pressure but that's when you tend to do your best work. If there is one thing you enjoy, it is a challenge that pushes you to the limits of your ability.

♉ Taurus

April 21 - May 21

Don't complain that certain people are making life difficult for you because, even if it's true, it will be to your advantage.

♊ Gemini

May 22 - June 21

The challenges you face over the next few days will be of a minor nature, so try not to get worked up about them.

♋ Cancer

June 22 - July 23

Your way with words will help you out of a tight corner today. Just because it was fairly easy to talk your way out of trouble this time does not mean it will be so easy again. Next time, try not to be so provocative!

♌ Leo

July 24 - Aug. 23

You want to get on in the world but you also need to set aside time to unwind with your family and friends. Forget about work over the next 24 hours – do only what feels good.

♍ Virgo

Aug. 24 - Sept. 23

There is no reason why you should be feeling depressed because everything is going right for you now. If you really can't see that then maybe you need to shift your perspective.

♎ Libra

Sept. 24 - Oct. 23

A negative feeling has been nagging you the past few days. You need to understand and accept that you're not responsible for the bad things that go on in the world.

♏ Scorpio

Oct. 24 - Nov. 22

Stay on good terms with co-workers. The planets warn if you try to improve your position at someone else's expense, will you fail and also make an enemy for life.

♐ Sagittarius

Nov. 23 - Dec. 21

This is a busy time, so take regular breaks. There is no point running yourself into the ground, especially in pursuit of things of a material nature.

♑ Capricorn

Dec. 22 - Jan. 20

You want to do something special today. Make sure, however, that it is something constructive and that it benefits others as well as yourself.

♒ Aquarius

Jan. 21 - Feb. 19

You need to make a decision – quickly. Actually, you know what needs to be done, what you have lacked up until now is the motivation to do it. What happens over the next 24 hours will finally inspire you.

♓ Pisces

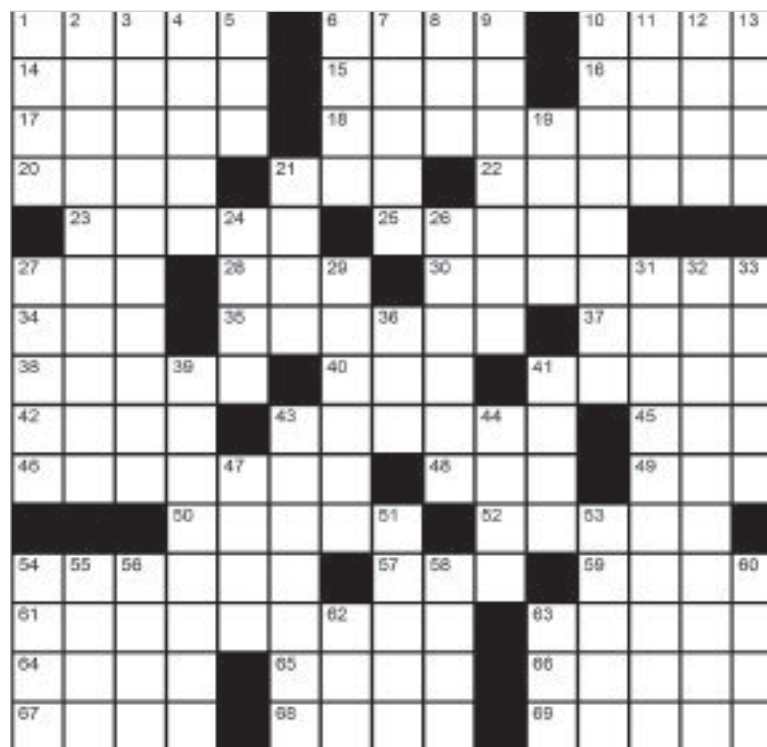
Feb. 20 - March 20

You may want nothing more than to get away but you have duties that demand your attention. See to them first.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "___-Rouser" by guitarist Duane Eddy
6. Synagogue
10. Wail
14. Gene Vincent's "Be-Bop-___"
15. French Sudan, now
16. Ethereal emanation
17. Right-hand page
18. Scottish Highlands-set series, new on Showcase
20. Marc ___ (Fashion designer)
21. Star's secret
22. A way to be repaid: 2 wds.
23. String sounds
25. Rick ___, music producer
27. Prince Valiant's son
28. "Jaws" (1975) star Mr. Scheider
30. British Columbia city
34. Seafaring hazard
35. Nunavut hamlet on Hudson Bay
37. Connected
38. "The Shoop Shoop Song (It's ___ Kiss)"
40. Liq. measures
41. Took the helm again
42. Small estuaries
43. Villain's expressions
45. Stuff in Joni Mitchell's "Big Yellow Taxi"
46. "Star Search"



- host Ed
48. First 'S' in USSR [abbr.]
49. Andy Capp's wife
50. Garrisoned
52. Eden edible
54. "Can I be ___?" (Store query)
57. Furniture wood
59. "Dirty Jobs" host

- Mike
61. Tom Cochrane & Red Rider hockey hit: 2 wds.
63. "It's ___ Never" by Elvis Presley
64. Airport designation, e.g.
65. Design style, Art ___

66. Deflect
67. Massachusetts' motto starter
68. Visible
69. Radiohead singer Thom
Down
1. Carnivore's steak request
2. EDM = ___ Dance

- Music
3. Royal Childhood, current exhibition at ___ Palace
4. Mr. John
5. Philosopher, ___-tzu
6. Air problem
7. "Blade Runner" (1982) star, Rutger ___
8. Final [abbr.]

9. As per #3-Down, Queen Elizabeth's childhood nickname
10. Canada's 5, 10 or 20: 2 wds.
11. Four-ringed logo car
12. Small songbird
13. Cooking fat
19. Indigo
21. Biblical instrument
24. Fat: French
26. Tsar's edicts
27. Make ___ offer
29. One of The Dionne Quintuplets
31. 1972 hit for Canadian band Skylark
32. Creative pastime
33. Beef up: 2 wds.
36. 'Final' suffix
39. Canadian pairs skating great Ms. Brasseur
41. Invitation letters
43. Pots-and-pans scrubbers, ___
44. Be nomadic
47. ___ and hearty (Robust)
51. Beach Boys' "Little ___ Coupe"
53. Utah city
54. Off-Broadway theatrical award
55. Huckleberry ___
56. Elevs.
58. Rock: Kings of ___
60. Single-named Art Deco designer
62. "Goodness!"
63. Thumbs-down vote

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

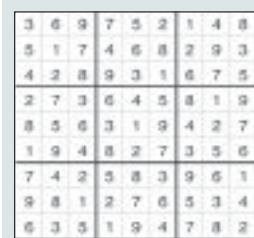


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



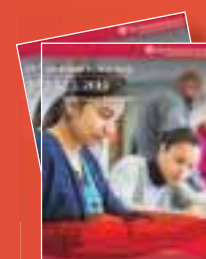
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SE w/Tech model shown*

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CITY: 10.0L/100 KM*

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Limited model shown*

HWY: 6.7L/100 KM
CITY: 9.8L/100 KM*

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